

The present invention provides an angiotensin converting enzyme inhibitor having strong activity of inhibiting angiotensin converting enzyme, good hue and easily to take in which is a composition containing peptides obtained by digesting a fish meat with thermolysin enzyme, and wherein a content of a polypeptide ingredient having a molecular weight of at least 5000 is at most 10 % by weight.

$$\begin{array}{ccccccc} \{f^{(1)}_{11}\} & \{f^{(1)}_{12}\} & \{f^{(1)}_{13}\} & \{f^{(1)}_{14}\} & \{f^{(1)}_{15}\} & \{f^{(1)}_{16}\} & \{f^{(1)}_{17}\} \\ \{f^{(2)}_{11}\} & \{f^{(2)}_{12}\} & \{f^{(2)}_{13}\} & \{f^{(2)}_{14}\} & \{f^{(2)}_{15}\} & \{f^{(2)}_{16}\} & \{f^{(2)}_{17}\} \\ \vdots & \vdots & \vdots & \vdots & \vdots & \vdots & \vdots \\ \{f^{(n)}_{11}\} & \{f^{(n)}_{12}\} & \{f^{(n)}_{13}\} & \{f^{(n)}_{14}\} & \{f^{(n)}_{15}\} & \{f^{(n)}_{16}\} & \{f^{(n)}_{17}\} \end{array}$$